

MONEY TIPS FROM GENERATIONS PAST, PG 8

Celebrity Buzz

Miller's party life upsets Getty?

pg 18



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MBA Guide

Tips, advice for getting down to business



pg 13

Child hurt by oil trap won't lose sight: Cops

VICTORIA HANDYSIDES
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PLAYGROUND A three-year-old girl won't lose her eyesight, police said yesterday, after a cruel and malicious playground booby trap sent a shower of toxic chemicals pouring into her eyes on the weekend.

The girl and her mother were at a playground at in the Terwillegar area at the intersection of Tomlinson Way and Tomlinson Common just before noon Saturday, when the girl unknowingly came upon a toxic substance.

As she tipped a playground telescope to her face, two-cycle synthetic motor oil was dumped over her eyes.

Her mother rushed her to hospital, where she was treated and released that afternoon.

A similar incident occurred in July, when a two-year-old girl suffered severe chemical burns after someone poured drain cleaner down a slide at the North Glenora Community Park.

Police are investigating both incidents.

ShareYourViews
edmontonletters@metronews.ca

Health pg 28



Eat through flu season

Entertainment pg 32

A taste for the Bond life

Albertans pick Obama

Ivrnet/Metro poll shows overwhelming support for U.S. Democrat

DARREN KRAUSE
Metro Canada

was surprised that he was ahead by so much," said Janet Brown, independent public opinion research consultant



of Canada."

Brown said Canadians often feel their political spectrum is quite complex, with a wide gap between Liberal and Conservative ideologies, when that gap is far greater in the United States.

"Someone on the far right of the Canadian spectrum is more like a democrat than a republican," said Brown, adding that even typical Conservative party policies in Canada aren't distant from those of the U.S. Democratic party.

Broken down by age group, support for Obama was higher among younger respondents.

Among 18- to 34-year-

"I wasn't surprised that Obama was ahead, but I was surprised that he was ahead by so much."

Janet Brown, public opinion research consultant

olds, Obama captured 77 per cent of decided Edmontonians.

Outside the capital support was statistically similar, with an even-higher 87 per cent of decided Calgarians and 75 per cent of decided Albertans in the rest of the province favouring Obama.

A total of 900 Albertans (300 in Calgary, 300 in Edmonton, and 300 elsewhere), aged 18 and over, were surveyed by Ivrnet

through automated telephone interviews between Oct. 28 and 30, 2008.

Overall results for this survey are accurate to within +/- 3.3 percentage points, 19 times in 20. Regional results are accurate to within 5.7 percentage points, 19 times in 20.

Survey results were weighted to reflect actual population distribution in terms of region, gender and age.

MORE COVERAGE, PAGE 5

City hopes speed limit pledge sticks

PILOT Hey southside speeders! Check the bumper sticker on that slowpoke in front of you: It might be your neighbour going the speed limit.

The city is launching a pilot project in Twin Brooks that will encourage motorists to display signs or bumper stickers on their vehicles pledging they will always follow the speed limit, along with watching out for pedestrians. Vehicles that display the signs will be dubbed "pace cars."

Most of the speeders in Twin Brooks live in the community, said Staff Sgt. Bill Horne with the Edmonton Police Service's traffic section. "A lot of times, people will point fingers at other people from other neighbourhoods, but we have to look at ourselves."

"That is what the community is doing here, they are trying to set an example for themselves."

The city says it will be studying the program to see if it can be used in other neighbourhoods where speeding is a concern.

JEFF CUMMINGS/METRO EDMONTON



Tara McCabe applies one of the new bumper stickers, made by the City of Edmonton, to her vehicle. The city hopes to curb an increase in speeders on residential roads by having residents set the example of how to drive.

2

Get ready to heat up mid-month

Caliente! A Night Celebrating Dance takes the Hungarian Hall by storm Nov. 15. For \$25 at the door, the salsa band "Tumbao Vibe" will set a melody for an international dance showcase and salsa lessons. For info visit www.etownsalsa.com. METRO EDMONTON

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Local



Celebrate 'Movember'

Give your top lip a little extra warmth this month, and grow a 'stache for Movember. Men across the world are growing moustaches in honour of prostate cancer research, and to raise millions of dollars along the way. To get involved, and learn more, visit www.ca.movember.com. METRO EDMONTON

Murdered man 'trusting'

Victim of bizarre murder lured by online meeting

VICTORIA HANDYSIDES
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Friends of 38-year-old Johnny Altlinger say he was gentle and trusting, and that questioning the legitimacy of a woman he'd met online would have been the last thing on his mind when going to meet her for their first date.

"He would always see the best in everyone and believe there was good in everyone," said a close friend of Altlinger's, who asked her identity not be published.

Police have arrested 29-year-old filmmaker Mark Twitchell for Altlinger's murder. Though his body has not yet been found, police say there is enough forensic evidence

for a murder conviction.

It's alleged Twitchell lured an unsuspecting Altlinger to a garage in Mill Woods for a date, and that he Twitchell assumed

the false identity of a woman named "Jen" on an online dating site.

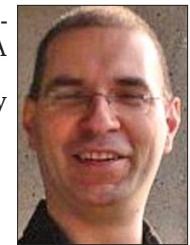
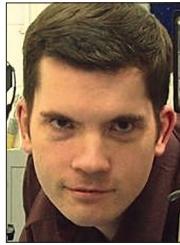
Altlinger's friend feels strongly that the online impersonation was kept up for quite a while, and that Altlinger must have had a number of conversations before agreeing to meet someone.

"I would think that he'd have chatted with this person for a long

time and got to know them. Obviously, he was under false pretenses. A person can only believe what they're told, right?"

It's al- Altlinger alleged that Altlinger's murder was written in a script by Twitchell before the filmmaker turned his screenplay fantasy into reality. In the script for his most recent project, a psychological thriller dubbed "House of Cards," the main character ties a man to a chair in a garage and chops him to pieces.

Twitchell lived with his



Another victim?

- Police have found a man they believe was intended to be the first victim of the real-life horror movie. On Oct. 3, a man was lured to the garage and was chased down an alley by a man wearing a hockey mask. He contacted police Sunday and was interviewed by police yesterday.

wife and two children in St. Albert, before being arrested on Halloween for the murder.

Twitchell makes his first court appearance tomorrow.

ShareYourViews

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Cops need help

QUESTIONING Police are looking for a person or persons inside a vehicle who may hold valuable information to solving the murder of a man whose body was found on Halloween.

A man walking his dog discovered the body of 21-year-old Abas Akubar in a field on 140 Avenue.

Surveillance footage of a nearby school parking lot shows a vehicle pulling into the lot at 1:30 a.m. Friday. It didn't leave the parking lot until 3 a.m.

Officers would like to speak with whoever was in the car.

METRO EDMONTON



Concerned seniors gathered outside the Legislature, listen to an announcement from the provincial government on a fall prevention program called "Finding Balance," yesterday afternoon.

Seniors targeted to save health care dollars

HEALTH The province is hoping a new campaign to remind seniors about the risks behind falls will save its health care system millions of dollars.

The Alberta Centre for Injury Control and Research, along with the provincial government, launched a province-wide campaign at the front steps of the Legislature yesterday to remind seniors to stay fit and take their medication — key to

"Falls are the leading cause of injury-related hospital admissions for older Albertans."

Premier Ed Stelmach

avoiding falls.

"Falls are the leading cause of injury-related hospital admissions for older Albertans, so this campaign focuses on educating our seniors in avoiding potentially very serious consequences of

losing their balance," said Premier Ed Stelmach.

The province says one out of three seniors will fall in Alberta and the trend will continue to rise as the baby-boomer generation gets older.

METRO EDMONTON

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What's online today.

Read about Democrats' fears of a 2000 repeat, Republican efforts to keep George W. Bush out of sight and more U.S. election coverage at metronews.ca/world

Play online Sudoku at metronews.ca/play

Check out

Kenya Hunt's new style column at metronews.ca/live



Career Week Fair lands in Edmonton

Edmonton's largest career fair hits Northlands AgriCom on Nov. 14 and 15. Canada Career Week Fair will host over 150 exhibitors and will be visited by over 7,000 people. Admission for the weekend is free, and runs from 10 a.m. to 4 p.m. each day. **METRO EDMONTON**

local 3

Selling snowplow safety

Motorists being reminded to share the road this winter

Alberta motorists are being urged in a new campaign to be extra careful when sharing the road with snowplows this winter.

The province's new Safer Winter Highways campaign that was launched yesterday at the Legislature will promote the work done by contracted maintenance workers on Alberta highways during the winter months, along with winter driving safety.

"Motorists need to use caution when sharing the road with snowplows"

Luke Ouellette

keep our highways clear in winter, but sometimes it means highway travelers experience delays," said Transportation Minister Luke Ouellette in a press



Alberta Minister of Transportation Luke Ouellette speaks to media outside the legislature, yesterday morning, about safety in sharing the province's roads with the hundreds of snowplows, like the one shown behind him, this winter.

release.

"Motorists need to use caution when sharing the road with snowplows and drive according to condi-

tions."

There are about 25 collisions involving snowplows each year in Alberta, say provincial figures.

The campaign, which will feature radio and billboard advertising, will run through March 2009.

METRO EDMONTON

23 honoured for acts of heroism

VICTORIA HANDYSIDES
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AWARDS The sunny afternoon of July 17 seemed the perfect opportunity for two 16-year-old girls to kick off their shoes and hang out on massive rocks on the North Saskatchewan River.

When Krista Girvan heard the screams of one girl caught in the strong current, her lifesaving instincts kicked in.

Krista Girvan

The 26-year-old nurse tore off her shoes and purse, and dove in the rapid current to save the teen.

"She started to go under and wasn't coming back up, so I decided to jump in and grab her," Girvan said.

For her feat of heroism, Girvan was one of 23 people honoured at the 42nd annual Royal Canadian Hu-

mane Association Bravery Awards yesterday, handed out by Lieut. Gov. Norman Kwong.

"I just did what I could do — I just happened to be there," she said modestly.

Among the recipients this year is another young lady who dove into icy water to save a couple, a man who pulled a woman from a burning car on the brink of explosion, and a police officer who saved a child from certain death in an apartment fire.

"Upon hearing your stories, we wonder if we could have done the same thing, in the same place, at the same time," said police chief Mike Boyd.

"I believe in the human capacity to react in extraordinary ways in extraordinary circumstances."



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SHOPPERS DRUG MART 

Patrick Murphy, a Canadian who worked for Markham, Ont.-based Terraquest Ltd., a company that specializes in airborne geophysics, was aboard a plane that went missing Saturday in the Amazon jungles of Guyana, officials said yesterday. **CBC NEWS ONLINE**

Canada



Dancer files discrimination charge

Kim Ouwroutulis doesn't believe her age should be a barrier in her chosen career: Exotic dancing. In an unusual test of age discrimination laws, the 44-year-old Toronto-area woman filed a complaint last month with the Human Rights Tribunal of Ontario, alleging the owner of a strip club fired her because she was too old.

CBC NEWS ONLINE

Ontario gets 'have not' status

ECONOMY Ontario will receive its first-ever handout from a federal program designed to help poorer provinces as the global financial slowdown crimps demand in its key manufacturing industries.

Finance Minister Jim Flaherty said after a meeting with his provincial and territorial counterparts yesterday that Ontario will receive \$347 million next year under the \$14.2-billion equalization program.

It will mark the first time

A 'have province'

Newfoundland and Labrador

- For the first time in its history, Newfoundland and Labrador will not be receiving equalization payments.

METRO NEWS SERVICES

that Ontario will receive funds under the program.

Prince Edward Island, Nova Scotia, New Brunswick and Manitoba are also due to receive payments.

REUTERS

Man pleads guilty in death of two girls

SASKATCHEWAN The father of two small girls who froze to death in January wearing only diapers and light shirts pleaded guilty to criminal negligence yesterday, CBC reported.

Christopher Pauchay, 24, had been trying to walk to a neighbour's home with his daughters Santana, 1, and Kaydence, 3, on a night when temperatures dipped below -35 C.

REUTERS

Quality of life at risk: Report

Canada's environmental record is among the worst in the industrialized world, due in part to its poor performance in fighting global warming, according to a report from the Conference Board of Canada yesterday.

Canada placed 15th among 17 peers, beating only Australia and the United States. Greenhouse gas emissions, high garbage production, and rampant overuse of fresh water were its biggest environmental problems.

"Without serious attention to environmental sustainability, Canada puts its society and its quality of life at risk," the independent

research organization said in the report.

Canada's government has been widely criticized for being soft on greenhouse gas emissions, which have been on the rise, partly due to booming development of the Alberta oilands.

Canada's per capita garbage production, meanwhile, is significantly higher than any other OECD nation, and its per capita water usage is second only to the United States, according to the report.

Sweden, Finland and Norway took the top three slots on the list.

REUTERS

Vancouver Falun Gong protest



A Falun Gong member rakes leaves in front of their protest structure outside Vancouver's Chinese Consulate yesterday. A hearing to decide the fate of the round-the-clock protest site is underway.

News in brief

GAY MARRIAGE Anglican bishop Barry Clarke of Montreal signalled yesterday he would defy the wishes of the global church and start drafting a ceremony

for blessing homosexual marriages. While gay marriages are considered legal, churches are not compelled to perform weddings. **METRO NEWS SERVICES**

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Comment & Views

Comment

Hero in darkest hour

Obama poised to be the president U.S. desperately needs

National Report



Lawrence
Martin

"One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country."

Crack open the champagne! The world — or so the script has it — changes tonight.

Rarely, if ever, has there been so much fascination in an American election. The anticipated triumph of Barack Obama is being built up as an epochal moment in time. Like John Kennedy in 1960, like Franklin Roosevelt in 1932.

The expectations being thrust upon the 47-year-old senator from Illinois are dizzying. Given the series of obstacles he faces — the

wars, the debt, the deficit, the Wall Street crisis, the recession — there is a good chance he will be pulled down quickly from the mountaintop. Hopes that he will be a transformative president could begin to fade quickly.

One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country. The problem with politicians, he has said, is that they get to Washington and they get "sucked into the conventional wisdom." They haven't got the strength to withstand the pressures to

conform. They haven't conquered their inner territory.

One of the foremost challenges for Mr. Obama, who has an almost mystical quality about him, will be to avoid that trap, to avoid succumbing to the pressures from the political hacks.

On the campaign trail he has been sounding disappointingly conventional of late. He talks, like most every American politician, of the need for big tax cuts — this when the country has a staggering debt and deficit load which make such tax cuts incomprehensible.

He had a refreshingly in-

clusive foreign policy but under pressure from lobbies it has become less distinguishable from the old-line stuff of John McCain as the campaign has progressed.

Supporters suggest — and we hope they are right — that Mr. Obama is only playing the games that are required to be elected. To read his book *Dreams for My Father* is to get a sense how different Mr. Obama is, how universal he is. It is what his country needs after the Bush years — a leader with a global mindset as opposed to a narrow American one.

When the hour is darkest, someone said, the hero will appear. In the story of the United States, it may be that time.

Lawrence Martin is a *Globe and Mail* correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Letters

Jennifer Sage Dwivedi,
TORONTO

I am an American woman now settled in Canada. I found Rick McGinnis' comment (*Sit this one out, ladies*, Oct. 31) to be fundamentally flawed in that it assumes that, as an American woman, one would automatically identify with another solely on the basis of gender.

The article is based on this premise alone and omits any other qualifying factor which would convince an American woman to vote for an individual, be it race, creed, policy views on health care, abortion, justice ap-

pointments, fiscal policy, etc.

You see, that is the same error and assumption that John McCain made — that indeed, women would be swayed by another woman. Little heed was given to the fact that she was an unqualified woman at best, a poor public speaker and incapable of rallying those votes that John McCain needs most — the independents.

Your point is well-taken but hardly the solution that we need when this farce of a woman is allowed to run for vice-president of the United States.

Views

Abuse that breaks a child's trust

By Dr. Catherine C. Classen



Dr. Catherine C. Classen

The sexual abuse of children is wrong and damaging no matter how you look at it. To suggest otherwise (and believe me, some will) is to be naive, deluded or complicit.

Whenever the perpetrator is a trusted family member or some other trusted caregiver, the effects are particularly devastating.

Research has shown that the effects of being sexually abused by a caregiver are far worse than if the perpetrator is a stranger or someone they know but don't depend on, such as a neighbour.

Knowing this, you may be surprised to learn that the courts in Canada appear to think otherwise.

A study by the Cornwall pedophile inquiry has found that in the sentencing of pedophiles in Canada, those who held a position of trust with their victim received significantly shorter sentences. That's right, shorter sentences.

How can this be? One has to wonder whether we, as a society, cannot face the reality of abuse and its consequent damages.

Why is being abused by a caregiver so much more damaging to the victim? Psychologist Jennifer Freyd coined the term "betrayal trauma" to capture the particularly damaging effects of abuse by a caregiver.

A caregiver, such as a parent, is someone the child depends on to meet their basic survival needs, both physical and emotional.

The child abused by a caretaker is in the unten-

able position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm.

The child may use a variety of strategies in order to resolve this impossible and devastating dilemma, including blaming his or herself (rather than the perpetrator), repressing the memories (which, unfortunately, does not protect the victim from its effects), or creating alternate personalities to experience the abuse so that other parts of the child can retain a relationship with the caregiver.

None of these alternatives protect the child from the devastating consequences of sexual abuse by a caregiver; consequences which include a sense of being worthless and fundamentally bad and an inability to trust or to form healthy intimate relationships.

Sexual abuse by a caretaker can require years of

"The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm."

psychotherapy and a lifetime to overcome.

We, as a society, need to face the disturbing reality of what it means when a child is sexually abused by someone upon whom they must depend. The courts need to send a clear message that such a betrayal of a child's trust deserves the full weight of the law.

Catherine C. Classen is associate professor in the Department of Psychiatry at the University of Toronto and academic leader of the Trauma Therapy Program at Women's College Hospital.

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National Post cuts presence

The National Post, the flagship daily newspaper of Canwest Global Communications, said it is significantly cutting back its presence in Manitoba and Saskatchewan. The move comes as Canwest tries to cope with the global economic slowdown. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Recession narrowly avoided

Canada is expected to barely skirt a recession as slumping trade with the United States, softer commodity prices, and tighter credit markets dim its growth outlook into 2009, the Conference Board of Canada said yesterday.

The independent research group now expects gross domestic product to come in at 0.7 per cent this year, and at 1.5 per cent in 2009.

That compares to an earlier forecast, released Oct. 15, of 0.8 per cent growth in 2008, followed by 2.2 per cent next year.

The Conference Board expects U.S. GDP to squeak out just 0.5 per cent growth in 2009, before rebounding in 2010.

Auto exports are down 19 per cent due to weaker U.S. demand. **REUTERS**

Sales of autos on the rise

AUTOS Lower prices led Canadians to buy more vehicles in October, industry figures showed yesterday, with overseas-based manufacturers adding to their market share while Detroit's Big Three were mostly in retreat.

The results, which showed a 1.5 per cent gain in overall sales from the year before, contrasted sharply with U.S. sales.

REUTERS

In brief

MEDIA Media company Rogers Communications may look beyond the children of its founder for its next chief executive, analysts said yesterday. After Ted Rogers was admitted to hospital last week.

REFINERY Imperial Oil Ltd said yesterday it wrapped up maintenance at its Strathcona refinery, another development that should ease a diesel fuel shortage in Western Canada.

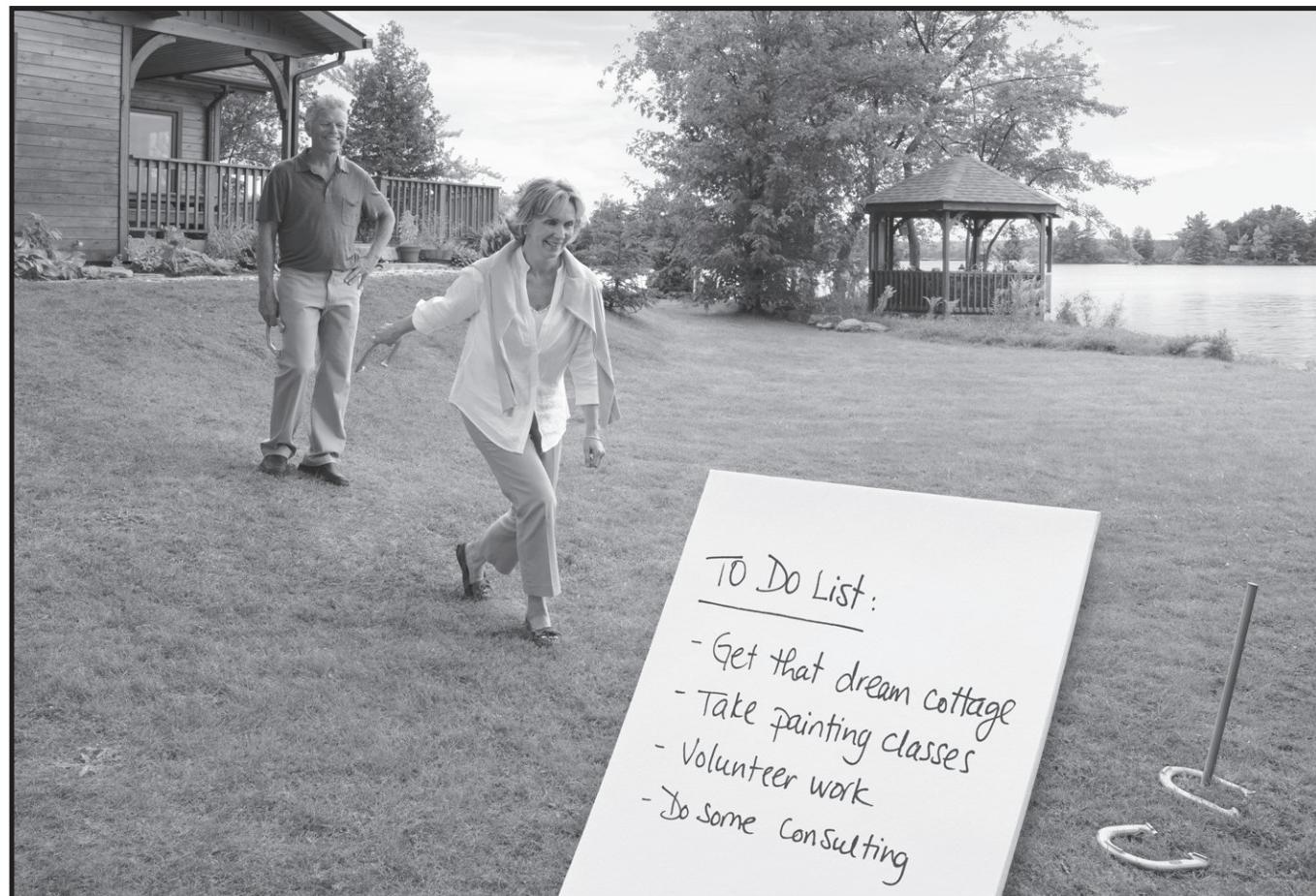
RAIL Canadian National Railway will pay \$50 million for three Eastern Canadian rail lines it sold in the 1990s, echoing recent repurchases in the West. The 865 km of track were bought from Quebec Railway Corp.

REUTERS

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Your Money

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Ready, set, tax free savings

Q Like many Canadians, I have lost tremendous value in my investments both inside and outside my RRSPs. I plan to strategically sell some of them to minimize my tax burden, including a transfer to the new Tax-Free Savings Account.

Liam

A The past several weeks have been very stressful for many Canadians — particularly upon the receipt of their monthly investment statements. Most financial advisers would not recommend selling after portfolios have taken such a huge hit. However, individuals that have made their decision to sell some stocks should do so with Prime Minister Stephen Harper and his merry band in waiting.

Investments sold inside RRSPs will not have tax consequences. RRSP losses cannot be used against in-

Money Matters

Henry Choo Chong

choochonghca@yahoo.ca

come in their tax filing. Should an individual choose to withdraw any of these funds from their RRSPs, Mr. Harper will be more than happy to accept contributions.

Proposed in the 2008 budget, the new Tax-Free Savings Account (TFSA) becomes available in the new year, 2009. Individuals with any spare cash but with no desire to share with Mr. Harper should consider opening a TFSA.

For details about the TFSA, read the full column at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghca@yahoo.ca.

Are we Generation Bling?



This past week, the Smart Cookies spoke to 600 bright-eyed high school students about money. We took our message to this next generation with the goal of instilling some financial wisdom that we certainly didn't get (or listen to) at their age.

And a recent study indicates that we are not alone in our financial ignorance. Charles Schwab reports that most "Generation Xers" — aged 27 to 40 — are way behind when it comes to retirement savings. Almost half of the 5,000 people surveyed reported being so overwhelmed by debt and living paycheck to paycheck, that they could not even begin to think about savings and retirement

planning.

As we began to think about what advice we could offer, we also thought about how generations before ours dealt with their money and what advice we could take from them now. One of our own Smart Cookies recalls chatting with her grandfather about how individuals of his age group spent and saved, and his answer was simple; "we had no credit, if we wanted to buy something, we had to have the cash to do so." Sound simple? It is! Here are more lessons from previous generations:

Cash, cash and more cash.

It may sound old school, but Smart Cookies live by the cash system. We allow ourselves an allotted amount of "fun money" each week, and when the money disappears, we are not allowed to resort to credit. It's helped us get out of debt, start saving and also has kept our priorities in check.

If the shoe fits, you don't have to buy it.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling? Not your friends or your family, who know that you are living way beyond your means. And we are willing to bet that your boyfriend doesn't care whether you have the latest Prada bag!

Visit smartcookies.com for more money saving tips and e-mail questions or comments to smartcookies@metronews.ca.

And pick up our book Smart Cookies Guide to Making More Dough on sale in bookstores.

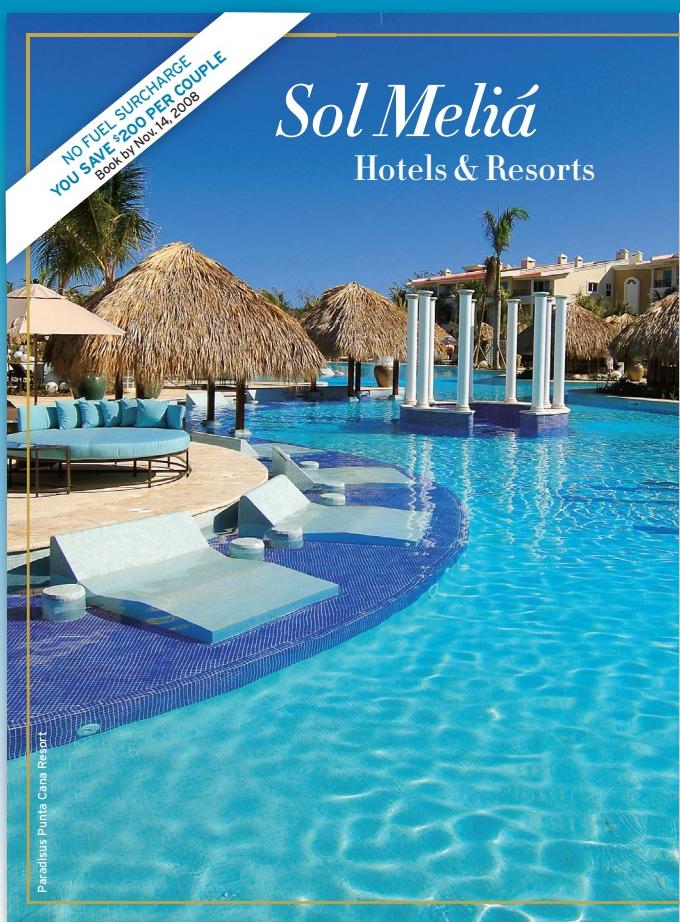
Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

The online column will return next week.

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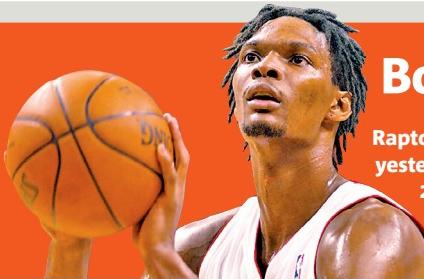
Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are valid for bookings made between Nov. 4 & 8/08. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. ¹Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²Earn 5,000 bonus Aeroplan Miles if booking is made by Nov. 30/08 for departures between Nov. 1 & Apr. 30/09. *Available in conjunction with flight-inclusive packages. Non-stop flights via Edmonton. Excluding USA & Europe destinations. ³*Aeroplan is a registered trademark of Aeroplan Limited Partnership. ⁴Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Hat trick for Anaheim

Ducks' trio Ryan Getzlaf, Corey Perry and Teemu Selanne shared the NHL's first star honour after combining for 28 points last week. **METRO NEWS SERVICES**

Sports

SPORTS@METRONEWS.CA



Bosh player of the week in East

Raptors forward Chris Bosh was named the Eastern Conference's player of the week yesterday. Bosh led the Raptors to a 3-0 week, including two road wins, by averaging 26.0 points, 10.0 rebounds and 3.7 assists. He recorded at least 20 points in all three contests and led the team in rebounds each game. Hornets point guard Chris Paul took the Western Conference honour.

METRO NEWS SERVICES

Alouettes the new odds-on favourites

Before the CFL season kicked off in late June, the **Montreal Alouettes** were perceived as so inept and so incompetent that they were ranked as the longest of longshots to capture the Grey Cup championship.

They were 110-to-1 underdogs — with all seven of the CFL's other squads ranked by oddsmakers ahead of them, including the **Toronto Argonauts**, who were listed as Grey Cup favourites at 2.35-to-1.

And so it boggles the mind that, as this little league of lunacy prepares only four months later to launch its playoffs, it was the Argos who turned out to be inept and incompetent — and ineligible for post-season participation — while Montreal has emerged as the team to beat.

In fact, when the oddsmakers updated their CFL

York Report

Marty York

marty.york@metronews.ca

odds yesterday, the Als were listed as the new Cup favourites at 2.25-to-1.

They are followed by the **Calgary Stampeders** (2.5-to-1), the **Saskatchewan Roughriders** (8-to-1), the **B.C. Lions** (10-to-1), the **Winnipeg Blue Bombers** (17-to-1) and the **Edmonton Eskimos** (19-to-1).

- The Als finished atop the Eastern Division and defied the odds this season because:

- New head coach **Marc Trestman** quickly adapted to CFL-style football when skeptics suspected his strictly-NFL background would prevent him from doing so.

- Quarterback **Anthony Calvillo**, at 36, bounced back from a 2007 season of on-field and off-field adversity.

- Every other Eastern team, including Toronto, were dreadful.

- The Als need only two victories — the Eastern final and the Grey Cup game, both on their home turf — to win the CFL champi-

onship, which is largely why they're post-season favourites, but I'm sticking with the team I chose before the season — the Stamps, who have a first-rate offence with MVP candidate **Henry Burris**, their quarterback, as well as running back **Joffrey Reynolds** and receiver **Ken-Yon Rambo**. Reynolds and Rambo led the CFL in rushing and receiving, respectively.

And here's something else for the Als to worry about: The second-place finisher in the East has advanced to the Grey Cup game in three of the past four years. Winnipeg finished second in the East this season.

- And, in baseball, B.C. native **Ryan Dempster** has let it be known he's planning to jump from the Chicago Cubs as a free agent because the club will not offer him more than a three-year contract.

Dempster, an all-star pitcher in the past season, is 31 and wants at least four years guaranteed.

Either way, he's due for a bulky raise and will make no less than \$12 million US a year. The most he made for any of his seasons with the Cubs was \$5.5 million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Favourites

- Oddsmakers have established the Blue Bombers as 2.5-point favourites over the Edmonton Eskimos for Saturday's Eastern semifinal in Winnipeg. The Roughriders, meanwhile, are 3.5-point favourites over the B.C. Lions for Saturday's Western semifinal in Saskatchewan.

Iverson traded to Pistons

NBA The Detroit Pistons acquired four-time NBA scoring champion Allen Iverson from the Denver Nuggets yesterday in a blockbuster deal that sent Chauncey Billups, Antonio McDyess and Cheikh Samb to Colorado.

After watching Detroit knocked out in the Eastern conference finals for a third consecutive year in May, president Joe Dumars had promised to shake things up.

He delivered on his word just two games into the new season swapping Billups, the most valuable player on the Pistons 2004 championship team, for Iverson, the 2001 league

MVP. A nine-time all-star, 33-year-old Iverson averaged 18.7 points and 6.7 assists in the Nuggets' opening three games this season.

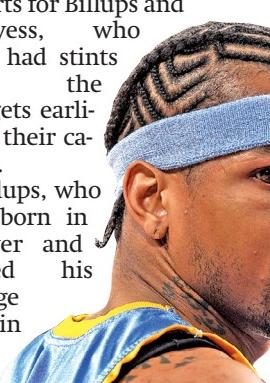
The move to Denver will constitute a home-coming of sorts for Billups and McDyess, who both had stints with the Nuggets earlier in their careers.

Billups, who was born in Denver and played his college ball in Colorado,

do, was a cornerstone of a Pistons team that made it to the Eastern conference finals for six consecutive years. The 32-year-old point guard has averaged 14.8 points and 5.5 assists in 12 NBA seasons, that has also included stops in Boston,

Toronto and Minnesota. McDyess will be embarking on his third stint in the Mile High City having played for the Nuggets from 1995-97 and again from 1998-2002.

REUTERS



Iverson may make his Pistons debut in Toronto on Wednesday.

Sports in brief

NHL Alexander Ovechkin returned to the Washington Capitals on Monday, practicing with his teammates after a week away to spend time with his ailing grandfather in Russia. He is slated to play tonight, when the Caps play the Senators.



tackle Dario Romero, and defensive back Jason Goss were all named Monday.

CFL Four Eskimos have been named by the CFL to the West division all-star team. Receiver Kamau Peterson, guard Patrick Kabongo, defensive

MLB Ruben Amaro Jr. signed a three-year contract Monday to become General Manager of the Philadelphia Phillies, a quarter-

century after he was a bat boy for the team. Amaro just completed his 10th season as assistant Phillies GM and replaces the retiring Pat Gillick.

NFL The Detroit Lions are turning to a former Pro Bowl quarterback for help in trying to win their first game of the season. Daunte Culpepper has agreed to a two-year deal with the Lions and said Monday he would sign it after taking a physical.

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New birthing film Filmmaker Debra Pascali-Bonaro recently released a new film that reveals the experience of an 'orgasmic' birth, aptly called Orgasmic Birth. **TORSTAR NEWS SERVICE**

Health

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Flu-fighting foods

Vitamins are supplementary to a good diet

CELIA MILNE
for Metro Canada

Sick? Ick! When cold and flu season hits, most of us pop vitamins. While there's probably nothing wrong with that, our first defence should be a healthy diet.

Reach for the vegetable crisper before the medicine cabinet, advises Helene Charlebois, a registered dietitian in Ottawa. "If you eat well and you are getting your antioxidants, your whole body works better. When there are viruses floating around, you have a better defence."

A new survey of 751 Canadians adults found that 78 per cent of us bought vitamin and mineral supplements in the last year. Many of us (35 per cent) admit we are making up for lapses in nutrition. And 39 per cent of us are taking vitamins to avoid catching a cold or the flu. The survey was sponsored by Tropicana, which makes 100 per cent pure fruit juices.

Charlebois insists that a good base diet is the most important thing. She recommends that we eat five to 10 servings of fruit and vegetables a day, and then add vitamins and minerals as needed. To find out what you are deficient in, see a dietitian. "Vitamins and mineral supplements don't replace good nutrients. They are called supplements for a reason. They are supplementary to a good diet," she says.

You are more likely to get sick if you are in a phase where you're super busy, not sleeping well, feeling stressed and eating lots of junk food. "Your body has to work hard getting rid of chemicals and by-products," says Charlebois.

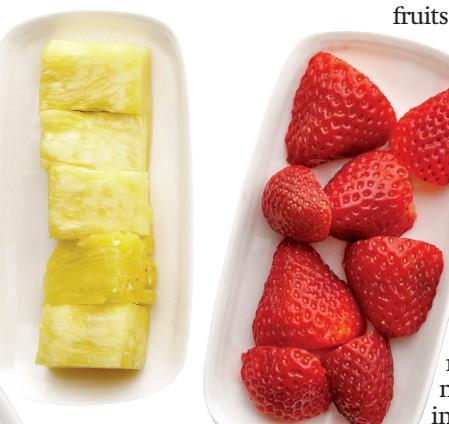
A healthy diet includes fruits, vegetables, whole grains, legumes, lean meats and fish.

To get the antioxidants you need to fight illness, she



PAUL IRISH/TORSTAR NEWS SERVICE

To get the antioxidants you need to fight illness, eat two vegetable portions at lunch, two more at dinner and three servings of fruit each day.



recommends you eat two vegetable portions at lunch, two more at dinner, and three servings of fruit each day. One of those servings of fruit could be half a glass of 100 per cent juice. Try some orange juice with soda at about 4 p.m. instead of coffee and a cookie, suggests Charlebois.

A healthy diet includes fruits, vegetables, whole grains, legumes, lean meats and fish.

fruits and vegetables," she says. Her motto? "Eat as close to the farm as possible."

And if, despite your best efforts, you do get that ugly cold? Mom was right about chicken noodle soup. It's not only comforting, it helps reduce inflammation and relieve congestion. Add some spice to it and it'll clear your sinuses.

Antioxidants

- Besides fruits and vegetables, other foods and beverages contain antioxidants, including tea, garlic, onions, and ginger.



CELIA MILNE/
FOR METRO
CANADA

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- Shawn Edwards, FOX-TV

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Tuesday, November 4, 2008

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ALIVE MAGAZINE

health 11



Breaking up with someone through text messaging, Instant Messenger or Facebook are just some of the insensitive ways technology has perpetuated faceless communication.

Faceless breakups

The J Spot



Sex talk with Josey

Today's technology offers us all kinds of cowardly ways to break up with someone.

only aspects of your relationship you can outsource. The “Rejection Hotline,” (rejectionhotline.com) is a number you give someone you don’t want to call you that will give them a recorded rejection so you don’t have to. Want to get out of a bad date? Use a res-

out of a bad date. Use the cue call service (cingular.com/voiceinfo) that will call you at a predetermined time during your date so you can make a quick getaway. If a relationship leaves you with more than memories, use an anonymous and free STD e-card to notify past sex partners about exposure to sexually transmitted diseases.

But why stop there? Today's technology offers us all kinds of cowardly ways to break up with someone. Infamous blogger Sandra Soroka dumped her guy by changing her status to read: "Sandra is letting Will know it's officially over via Facebook status." Wikipedia.com owner Jim Wales used his own site to announce that he was no longer seeing his girlfriend and former Fox News correspondent Rachel Marsden. Then he personally gave her the news via Instant Messenger.

Or why not avoid the deed entirely and simply outsource your breakup? At breakingupiseasytodo.com, they'll send your dumpie a "kind" or "mean" breakup message via e-mail with an audio attachment.

And breakups aren't the

enhance sexual communication and ease a process of disclosure that can be extremely difficult.”

tremendously difficult.

When it comes to publicly breaking up online, fans of jakobandjulia.com — a site where Julia Allison and Jakob Lodwick publicly shared the intimate details of their relationship which eventually led to their split ... online of course — described their popular online experiment as “interesting, insightful and inspiring.”

Still, you have to wonder if all this confrontation avoidance isn't causing us greater damage. Forcing yourself to communicate and go through the difficult aspects of relationships is what makes us grow and learn.

grow and learn.

Then again, one good thing about having someone reject you this way is that it makes it easier to get over someone when you realize the person is clearly a spineless coward who obviously didn't deserve you anyway.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

TURTLE ALERT Think twice before getting a pet turtle. Turtles might seem like good pets — cute, too slow to escape, and won't bark all day — but they carry health risks. A large outbreak of illness in 33 states in the U.S. was traced to pet turtles. These reptiles carry a harmful bacteria called *Salmonella* which can cause diarrhea, vomiting and other GI problems in humans. Two

young girls became very sick after swimming in a wading pool where turtles had been swimming. If you do have a pet turtle, wash your hands thoroughly after handling it.

DRINKING The more alcohol you drink, the smaller your total brain volume. Since drinking a moderate amount of alcohol has been found in earlier studies to be good for

your heart, researchers in Massachusetts decided to see if alcohol can prevent the inevitable shrinking of the brain that comes with age. Instead, they found the opposite. When they assessed the brains of 1,839 people, researchers found that the more alcohol people drank, the smaller their brains were.

**CELIA MILNE/
FOR METRO CANADA**

Health in brief

PLACEBOS Many American doctors give their patients a placebo, usually a relatively innocuous drug such as a pain

reliever, in the guise of medical treatment and view the practice as ethical, researchers said recently.

REUTERS

An international research team has identified two genetic variations that appear to increase a person's risk of developing lung cancer by up to 60 per cent, they reported this week. REUTERS

Fast eaters gain more

Way we eat has impact on weight, too, doctors say

CELIA MILNE
for Metro Canada

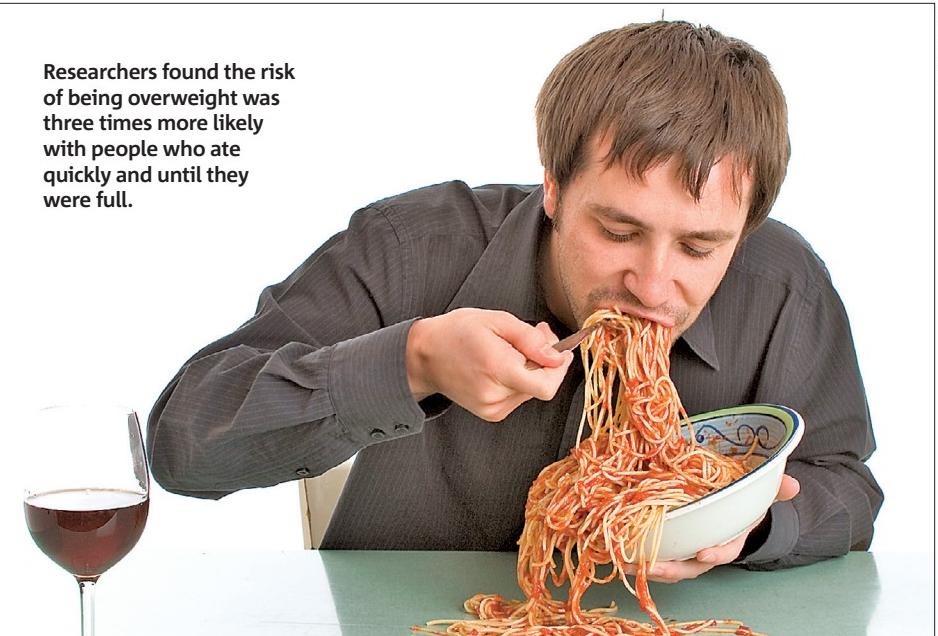


Eating fast and eating until you are full are no-nos if you are trying to lose weight. If you do both — eat fast and fill up — you triple your risk of being overweight.

Doctors feel that the way we eat — not just what we eat — has an impact on our weight. This finding comes from a Japanese study that surveyed more than 3,000 people. Researchers asked them detailed questions about their eating habits and also took measurements such as body mass index. They were also asked about physical activity and smoking, as these could have an effect on outcomes. Among the volunteers, 50 per cent of men and 58 per cent of women reported eating until they felt full.

When asked about eating quickly, 45 per cent of men and 36 per cent of

Researchers found the risk of being overweight was three times more likely with people who ate quickly and until they were full.



women admitted they did eat fast. When researchers crunched through the numbers, they found that the risk of being overweight when volunteers had both eating behaviours (eating until full and speedy eating)

compared with neither was three times greater. The findings were published in the British Medical Journal on Oct. 21, 2008.

This may have important ramifications in the fight to curb obesity. Four

hundred million people around the world are obese, according to the World Health Organization.

Perhaps we need to take the time to enjoy our food, but not quite so much of it.

The Population Research Laboratory at the University of Alberta is currently seeking **Research Telephone Interviewers**. We offer above average wages and a great working environment. Excellent communication skills and a pleasant telephone manner required. You must be able to work a variety of shifts, including weekends.

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Management going green

Sixteen universities in the U.S. and Canada have MBA programs with emphases, concentrations or specialization in environmentally and socially responsible business, according to the Association for the Advancement of Sustainability in Higher Education. **SOURCE: GREENBIZ.COM**

13

MBA Guide

Women execs supported: Study

Female executives are backed by emotionally-supportive husbands more often than previous research would suggest, a study co-authored by a York University professor has found. According to the research, women rank this emotional support as the biggest enabler of their success in work and family life.

METRO NEWS SERVICES

A degree that works

MBA can get you closer to lucrative employment



MBAs can get you the six-figure jobs but it's useful to consider time and money factors before enrolling into a program.

BRIAN TOWIE
brian.towie@metronews.ca

MBAs can advance a career, but it takes time and money, and your circumstances may dictate whether or not it's worth your while to pursue one.

A Master's Degree in Business Administration helps to break barriers and get you closer to the job you want at lucrative pay, and it's not just for the Bay Street boardroom types who pour over charts and demographics as one might think.

Many MBA programs offer hands-on opportunities to learn outside of the classroom — studying abroad, setting up entrepreneurial initiatives in your school's surrounding community, networking with senior executives — a student can pick up valuable business acumen and experience in a number of ways.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works," says Barbara Jaworski, founder of The Workplace Institute and author of *Kaa-Boom! How to Beat The Workforce Crisis*

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works. If you've hit a ceiling, it's also an excellent way to start a new career."

Barbara Jaworski, founder of The Workplace Institute and author of *Kaa-Boom! How to Beat The Workforce Crisis*

50Plus Worker And Beat The Workforce Crisis.

"If you've hit a ceiling, it's also an excellent way to start a new career."

It's the degree that cross-pollinates, adds Tricia Ryan, author of marketing resource book *Hungry To Succeed*.

Even coupled with a degree that may be unrelated to business, economics and finance, an MBA shows trainability in more than one discipline and can lead to advancement in various fields.

"There's a realization that you've got a range of skills, and that can put you in senior positions in the long term," she said.

Some MBA schools have figured this out.

York University's Schulich School of Business blends its MBA program with elective subjects such as arts and media, property development and health industry management.

Of course, it takes a serious investment of cash and time to yield that wealth of experience.

Students can expect to pay through the nose for an MBA (one of the most expensive ones being the University of Toronto's Rotman School of Business' full-time MBA program, which runs more than \$67,000), and curriculums can keep you out of the job market for more than a year.

You must therefore ask yourself if an MBA merits that kind of commitment, says Ryan, noting part-time and 12-month intensive programs are growing in popularity among graduates and professionals.

"That is a challenge. Though it is a fabulous work experience, it's harder to go back and do an MBA if you're already making six figures," she said.

"You have to think about how far you are in your career. Let's say you went somewhere where it would cost \$100,000 per year. How many years you would need to work to pay that back? If you've been working for some time, consider how many years you have left. Do you have the time?"

MBA programs across Canada

If you want to get that degree that will give you an advantage in the boardroom, but aren't sure where to take it, here are some of your cross-country options. Tuition fees don't include cost of books, living expenses, etc.

- **University of Alberta School of Business**
Where: Edmonton
How much: \$23,500
Length of program: 16 months

This business school can frequently be populated by students looking to go into the oil and gas sectors, with a wide range of both international and domestic students participating in the program. Dean Mike Percy is well-connected in the city, and students who perform well can develop a network among Edmonton's power players that much faster.

- **University of British Columbia, Sauder School of Business**
Where: Vancouver
How much: \$38,967.06
Length of program: 15 months

Sauder attracts the outdoorsy type who works as hard as they play: The penthouse boardroom gives a view of the North Shore mountains and access to Whistler is easy.

- **University of Calgary, Haskayne School of Business**
Where: Calgary
How much: \$24,000
Length of program: 16 months

Much like the University of Alberta's School of Business, student can hob-nob with oil and gas execs in a small but booming community.

Students test their mettle in competitions

Entrepreneur Michele Romanow is turning her caviar dreams into reality.

Romanow, an MBA graduate from Queen's University, along with undergrads Anatoliy Melnichuk and Ryan Marien, groomed their idea for a caviar-producing fish farm into the winning entry at a prestigious business plan competition at the University of Western Ontario.

Now they're harvesting caviar roe from wild At-

There's no question the case competitions were a critical factor in our success. We got incredible feedback from the judges, who are some of the top venture capitalists."

Michele Romanow

lantic sturgeon and selling it to restaurants across Canada for \$80 to \$100 an ounce, while seeking \$6 million in venture capital to develop their own fish farm.

MBA students and under-

graduates at business schools across Canada participate in case competitions to hone their problem solving, entrepreneurial and presentation skills. Competitions may be in-house or corporate-spon-

sored and open to national or international entries.

Winners earn everything from trophies to big cash prizes, and sometimes receive plum job offers from top companies or attract the attention of venture capitalists.

Romanow's group won the \$25,000 first prize at Western's IBK Capital-Ivey Business Plan Competition in March and, with four other victories and two second-place finishes in other

competitions, the group earned a total of \$100,000 in prizes that they used to start Evandale Caviar.

Evandale has sold 75 per cent of the product to date to about 50 high-end establishments across Canada.

"There's no question the case competitions were a critical factor in our success," Romanow says. "We got incredible feedback from the judges, who are some of the top venture capitalists."



Students at business schools participate in competitions to win venture capital.

Scotiabank recently partnered with Guanghua School of Management, at Peking University, and the Schulich School of Business, at York University. The initiative established a \$1 million endowed scholarship program to support Chinese students wishing to complete their MBA studies in Canada. METRO NEWS SERVICES

Being realistic key in tough market

Jobs may have fewer perks but MBA grads in demand



While experts admit the job market next year might be challenging, Joseph Palumbo of the Schulich School of Business at York University says that companies are still coming to hire students.

ERIC EMIN WOOD
for Metro Canada

Despite the recent downturn in the stock market, you wouldn't think it's time to write off the value of an MBA — and you'd be right.

"It" still moving along from our perspective," says Shahauna Siddiqui of BluEra, an executive search company in Calgary. "We're finding that companies who have been well managed are taking

advantage of the downturn to build their companies, so when things start picking up they'll be ready to attack the market."

A graduate of the University of Calgary's Haskayne School of Business, Siddiqui remained at the school as an MBA career coach and later as associate dean before transferring to the executive search industry.

Siddiqui admits the job market in the next year might be challenging. "But MBA students are unique,"

"Instead of making \$90,000 as a base salary, you might be making \$60,000 as a base salary. Still pays the bills, still very good, just not as high-flying."

Joseph Palumbo

she says, "because they already have a career history. I don't think companies will be recruiting as much directly on campus, but I think for MBA students there's still a great market."

Student expectations need to be realistic, says Joseph Palumbo, executive director of the career centre at the Schulich School of Business at York University. "If your goal is to work at one of the five big Canadian banks you'll work there," he says, "it just may not be in the area that you want."

Students may have to settle for lower-paying jobs within banks, Palumbo says. "Instead of making \$90,000 as a base salary, you might be making \$60,000 as a base salary. Still pays the bills, still very good, just not as high-

flying," he says.

MBA students will also have to expect a drop in signing bonuses, Palumbo says. "In top banking jobs, you're going to get \$20-\$25,000 in signing bonuses," he says. "I am very convinced that those will be gone this year."

Both Siddiqui and Palumbo predict a spike in enrollment. "It's fairly logical that if you lose your job, this is a great opportunity to go back and re-invest in yourself," Palumbo says. "Then when you come back out A) the market will be better, and B) you're going to be more marketable."

Ultimately, Palumbo says, the job market will be stronger for people in entry-level positions, since many companies are cutting senior staff and hiring new recruits at the lower end.

"We're seeing companies that are very public about their job cuts, yet they're still coming to get students," says Palumbo. "Why? Because if you don't continue to get students, then ten years down the road, when you're looking for your future managers and directors, you don't have them."

Job site targets MBAs

TAGHREED SAADEH
for Metro Canada

Canada's newest job site is helping employers find highly skilled MBAs.

"It is the only MBA job site in Canada catering to employers who are looking for highly skilled and educated professionals who have expertise in demanding areas such as finance, accounting, operations, project management, business development, human resources, marketing, and IT," said Maggie Austring, president and founder of MBAjobs.ca.

"Employers will ... find very high-quality applicants from our large diverse pool of MBA professionals," she added.

Finding and hiring innovative and knowledgeable talent has never been more important than in today's business market, said Austring, who is also a professor in the business faculty at the University of Regina.

"MBAjobs.ca centralizes all the MBA-related needs



Canada's MBAjobs.ca helps employers find highly skilled MBAs.

in one place," she said. "A true, simple, and an effective solution to hiring in the Canadian MBA job market," she said.

"We are not the same as other online job boards; we have an innovative team paying close attention to the job posting results."

"We are serious about getting results for our employers," Austring added.

According to MBAjobs.ca, 40 per cent of MBA-required jobs across Canada are finance related.

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**ROYAL ROADS
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VICTORIA, BC

Sarah Jessica Parker and Hugh Grant have been tapped to co-star as an estranged couple in a new romantic comedy. The actors will reportedly play a high-powered New York couple placed in the witness-protection program in a small mid-western town in the upcoming film. [IMDB.COM](#)

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Bond tops foreign box office

MOVIES The new James Bond movie Quantum Of Solace has shot to the top of the international box office chart, taking \$38.6 million U.S. in its opening weekend, [imdb.com](#) reports.

The action thriller thrashed the competition in its first few days. In the U.K. market alone, it took \$25.3 million US. High School Musical 3: Senior Year is in second place with \$25.9 million in 32 markets.

Special BRIT prize for Pet Shop Boys

MUSIC The Pet Shop Boys will receive the Outstanding Contribution to Music award at next year's BRIT Awards, [femalefirst.co.uk](#) reports.

Neil Tennant and Chris Lowe will receive the prestigious accolade at a February ceremony and will close the event with a live performance of their greatest hits. **METRO NEWS SERVICES**

Becoming Bond

Rick McGinnis

rick.mcginnis@metronews.ca

There's a scene in On Her Majesty's Secret Service that's even more dated than Roger Moore's leisure suits and Sean Connery's terrycloth cabana wear.

After ordering a heap of beluga caviar to share with Bond girl Diana Rigg, one-shot Bond George Lazenby beats an evil henchman into unconsciousness, then helps himself to a heaping spoonful of glistening black fish eggs on a wedge of toast on his way out of the demolished hotel room.



Metro writer Rick McGinnis with a few of the ingredients for the classic James Bond martini

Today, that single spoonful of caviar would cost you at least a hundred dollars, if you could get it at all. The James Bond created by Ian Fleming on the page and in over 20 movies onscreen is a

self-styled sybarite and gourmand, but this might be an even more fantastic aspect of Bond than the villain's lairs in extinct volcanoes or the tricked-out sports cars. Anthony Rommens runs

port of caviar from the area. "Basically it's fished out everywhere — it's an endangered species," Anthony tells me. "Even the average millionaire can't afford it." He's found alternative sources for his caviar, but you'd expect to pay at least \$165 for a tiny jar of beluga.

"The idea of Ian (Fleming) being a sophisticated good liver was nonsense," says John Pearson in James Bond: The Real Story, a British documentary airing on the Discovery channel this weekend. Pearson is the author of biographies of both Fleming and Bond, and was the writer's assistant at London's Sunday Times.

At a Toronto liquor store, product consultant Stewart Bailey is trying to help me price out the sort of cellar a James Bond would need to have. A 2000 Dom Pérignon would cost \$220, but a '55 — Bond's favourite vintage — runs between \$1,205 and \$1,942 according to a search on [winesearcher.com](#). He'd need a good supply of gin and vodka for his martinis, and a few bottles of something like the 2003 Chateau Latour 2003 at \$1,843.23 — "minus \$0.25 for the bottle deposit."

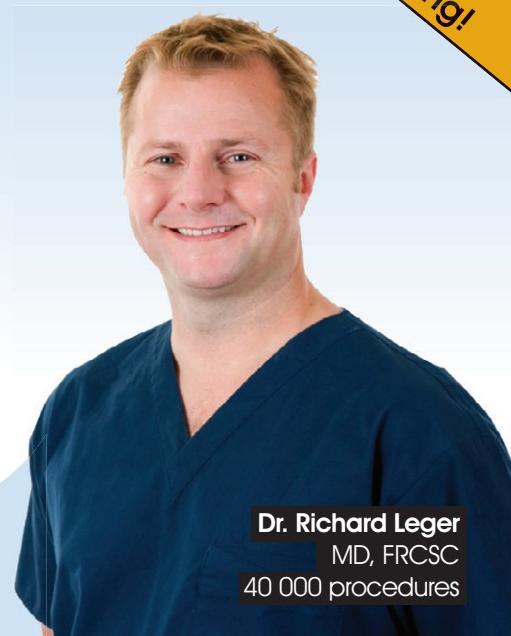
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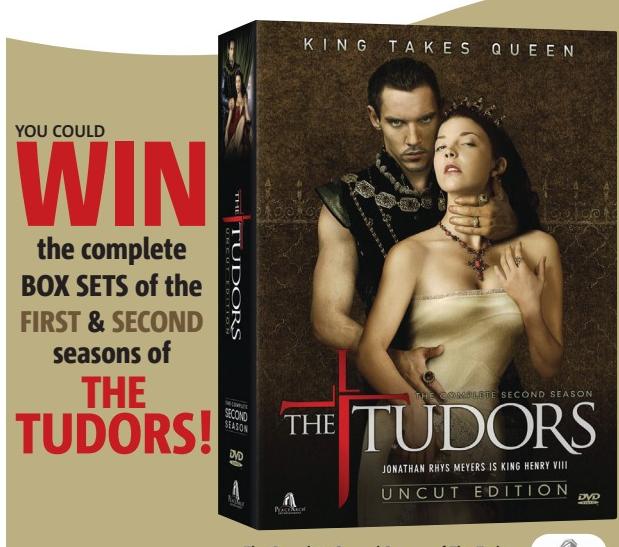
James Bond star Daniel Craig's mother, Carol, feared her son would end up as a failed actor when he quit school. "I knew in my heart he would make it, but you worry as a mother." [IMDB.COM](#)

PHOTO BY STEWART BAILEY

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The Complete Second Season of *The Tudors* is available on DVD November 11, 2008



Alyson Hannigan's character may be expecting
The pregnancy of the How I Met Your Mother star
may be worked into the show's story line. [IMDB.COM](#)

entertainment 17

TV mimics politics

IntelleVision



Rick McGinnis

rick.mcginnis@metronews.ca

STAY TUNED Back in the '70s, we used to ominously quote the title of a Gil Scott Heron song called The Revolution Will Not Be Televised, the very mention of which was meant to cloak whatever you said next in the credible authority of One Who Knows.

We were wrong about a lot of things in the '70s — haircuts, trousers, architecture, Jimmy Carter, the viability of both open marriages and the Soviet system, to name a few.

We really blew it on the whole TV thing, though you have to understand that most of us were still only able to access less than a dozen channels at the time, a third of those blanketed in static and snow when the weather wasn't right, another third showing Petticoat Junction

reruns for what seemed like half the day.

Today, I think we can be certain that, whatever revolution happens, it'll be covered endlessly on network news, masticated into pulp on cable news, and trivialized by any number of reality shows.

During its seven season run, The West Wing played out like political fantasy football for liberals — refuge from the reality of a Bush presidency in a world where a wise Democrat unaffected by priapism occupied the White House.

It's common knowledge that the show's writers based Jimmy Smits' Matthew Santos on Barack Obama. But a recent New York Times article has itemized the instances where the show's final two seasons, covering Santos' presidential campaign, have proved prescient.

There is, of course, the chicken and the egg question of how much Obama's

scriptwriters might have been following the previous script.

That will have to wait for the campaign post-mortem books and articles months, and even years, down the road. The test of the Times thesis will be apparent Wednesday morning.

A surprise McCain win might reduce the West Wing to a footnote to the Obama candidacy.

One thing's for sure: For all the insatiable demands of television today, the partisan culture of Hollywood probably won't provide a West Wing for Republicans should Obama win.

Rick McGinnis writes about music, movies, books and television, but not opera.

GlobalStyle

Kenya Hunt

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All through history the great religions have spoken to the return of a future Teacher. The Christians hope for the return of the Christ, the Buddhists look for the coming of a new Buddha, while the Muslims await the Imam Madhi, the Hindus a reincarnation of Krishna and the Jews the Messiah. How will we know Him? Surely He will ring our hearts with a message of sharing, justice and brotherhood. How can we prepare the way for Him? Each day brings opportunities, large and small, to act in favor of unity and justice. Our willingness to share will make a real difference in our world.

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critics' corner

The Tudors

When an irresistible force meets an immovable object — off with old immovable's head! In this new episode, Sir Thomas More and Bishop Fisher (Jeremy Northam, Bosco Hogan) continued opposition to Henry's (Jonathan Rhys Meyers) seizure of religious authority get them imprisoned in the Tower of London, where they face execution if they don't swear allegiance to him. Things aren't looking good for Anne (Natalie Dormer) either; Henry's eye is wandering again. 9 PM on CBXT



Live at the Rehearsal Hall

In "Kathleen Edwards," the roots-rock singer-songwriter performs an hour of favorites from her debut album, "Failer," as well as her sophomore effort, "Back to Me." Jim Cuddy of Blue Rodeo joins her onstage for "Hockey Skates" from the soundtrack of "Men With Brooms." Lance Chilton hosts the hour. 6 PM on BRAVO

ID	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/4/08												
	2	CFRN	239 318	etalk	Hollywood	Indecision: America		Criminal Minds (N)		To Be Announced		News (N)
	3	KHQ	- 370	(5) 2008 Election Night Voting results. (Live)								
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National (N)		
	6	KREM	- 372	(5:30) Campaign '08: Election Night (Joined in Progress) (Live)								
	7	CKEM	241 347	Law & Order: SVU	Privileged (HDTV) (N)	Rita Rocks	Rita Rocks	Hates Chris	Friends	Your City		
	8	CITV	240 339	ET Canada	Entertainment	90210 (HDTV) (N)	House	Kitchen Nightmares (N)		News Hour		
	12	CBXFT	119 705	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)	TJ Alberta		
	13	KXLY	- 371	(5) ABC News: Vote 2008 Voting results. (Live)								
	16	KAYU	- 373	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	You Decide 2008: Election Special (HDTV) (Live)		News (N)		
	19	CHTV	-	The Insider (N)	E! News	The Best Years (DVS)	Wide Awake (2007, Drama) Missy Peregrym.			News (N)		
	22	KSPS	- 374	The NewsHour Election Night Coverage 2008 (HDTV)	Election Day report. (Live)			Nova (DVS)		Amer. Masters		
	24	WTVS	- 364	The NewsHour Election Night Coverage 2008 (HDTV)	Election Day report. (Live)			Tavis Smiley	Charlie Rose (N)			
	15	CBCN	502	(6) CBC News: The National U.S. election coverage. (N)						National		
	21	TWN	505 398	(5) EarthWatch One	EarthWatch One		EarthWatch Two					
	27	CNN	500 500	(4) Election Night in America Presidential election coverage. (Live)								
	54	CTV	501 391	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
	70	BNN	504 508	Squeeze Play	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play		
	20	TSN	400 400	NHL Hockey	NHL Hockey	Nashville Predators at Vancouver Canucks. (HDTV) (Live)				SportsCentre	Poker	
	23	net	408 418	Flames Week	Flames Conn	NHL Hockey Phoenix Coyotes at Calgary Flames. (HDTV) (Live)				Sportsnet Con.	Sportsnet Con.	
	47	SPEED	417 406	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!
	94	SCORE	410 403	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	9	EDACC	267 351	Help TV	Women of Karaoun		Criminal Intent					Help TV
	14	YTV	552 543	Dreake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show	Wayside	Johnny Test	Futurama	American Dad	
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (SC)		TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (HDTV)	The First 48	
	26	MMM	571 581	Popaganda		Don't Forget the Lyrics!		Party of Five		Don't Forget the Lyrics!	Party of Five	
	29	FOOD	603 561	The F Word (N)	Chef School	At the Table	Restaurant Makeover			Challenge	The F Word	
	31	SHOW	617 522	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)	Testees	Trailer Park	The Shield	
	32	DISC	520 505	Destroyed	Destroyed	Mighty Ships "Resolute"	Daily Planet		Destroyed	Destroyed	Mighty Ships	
	33	SLICE	601 562	Rich Bride, Poor Bride		Tori & Dean: Home	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean	
	34	W	602 567	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked	Style by Jury	Style by Jury	Good Naked	
	35	TLC	521 560	Mystery Diagnosis		Dr. G: Medical Examiner	Half Ton Man (HDTV)		Mystery Diagnosis		Med. Examiner	
	36	BRAVO	620 523	Sweet Soul Music		Samba Squad	Law & Order "Hunters"		Without a Trace	If These Walls	Trek: Voyager	
	38	SPIKE	628 584	UFC Unleashed		UFC Unleashed	MANswers (N)	MANswers	CSI: NY (HDTV)			
	40	HIST	522 506	Ax Men "The Big Hit"		NCIS "Vanished"		Crime Stories		Ax Men "The Big Hit"	The Worst	
	41	COM	626 547	Laughs	Comedy Now	Air Farce	Corner Gas	Nathan Fielder 2008		The Simpsons	South Park	Indecision
	43	SPACE	627 528	Battlestar Galactica		Rabbit Fall (N)	Star Wars	Stargate SG-1 (DVS)		Lost "What Kate Did"	Deep Space 9	
	44	WPCH	294 650	Anacardas: Hunt		Steve Harvey	Family Guy	Family Guy	Seinfeld	Anacardas: The Hunt for the Blood Orchid		
	46	OLN	411 457	Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides		Don't Forget Your Passport	Survivor	
	48	TROP	619 525	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621 527	Politics	Diddy	Paris Hilton's My New BFF (N)	TMZ	etalk		The Ellen DeGeneres Show (N)	Hollywood</	



Kidman, hubby carry one-week rule
Actress Nicole Kidman reportedly has an agreement with her husband Keith Urban to never be separated for more than seven days, despite their hectic schedules. FEMALEFIRST.CO.UK

Celebrity Buzz

Fox fuels Reynolds to marathon finish

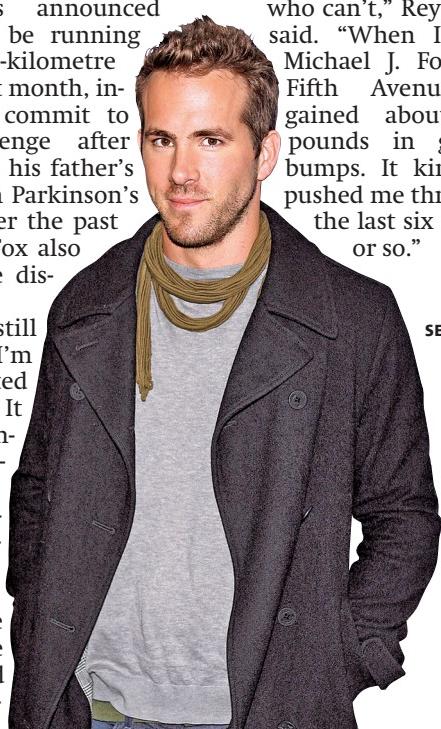
PEOPLE Actor Ryan Reynolds has credited actor Michael J. Fox for giving him a boost as he raced to the finish line of the New York City marathon on Sunday, imdb.com reports.

Reynolds announced he would be running the 42-kilometre stretch last month, inspired to commit to the challenge after witnessing his father's battle with Parkinson's disease over the past 15 years. Fox also battles the disease.

"I'm still standing. I'm very excited about that. It was an incredible experience," he told reporters after crossing the finish line in three hours and 50 min-

utes. "(During the race) I thought a lot about my father and Michael (J. Fox) and the 500,000 other people afflicted with this awful disease in the United States alone. I ran for those who can't," Reynolds said. "When I saw Michael J. Fox on Fifth Avenue, I gained about 15 pounds in goose bumps. It kind of pushed me through the last six miles or so."

METRO NEWS SERVICES



Amy returns to hospital

HEALTH After a weekend at home, Amy Winehouse has returned to hospital for ongoing treatment, People.com reports.

The 25-year-old singer spent the past week being treated at the London Clinic. She left the hospital on Friday but checked back in yesterday.

"She had a chest infection (last week) and underwent some tests to make sure nothing else was wrong," a source

said (earlier this year, doctors diagnosed the Grammy Award-winner with scarring of the lungs). "She has been told to give up smoking and was initially struggling with that — she was covered in nicotine patches at one point. But she is making an effort."

Despite her health woes, Winehouse has been recording tracks in her home studio for an upcoming album, her London-based rep, Chris Goodman, said.

METRO NEWS SERVICES



celebrity brief

Winslet doubted becoming famous

FAME Actress Kate Winslet didn't think she would ever be famous because she was "fat," femalefirst.co.uk reports.

"I never had huge ambitions, never," Winslet says. "I was fat. I didn't know any fat famous actresses. I just did not see myself in that world at all, and I'm being very sincere. You know, once a fat kid, always a fat kid. Because you always think that you just look a little bit wrong or a little bit different from everyone else. And I still sort of have that."

METRO NEWS SERVICES



celebrity brief

Butler reveals near epiphany

PEOPLE Actor Gerard Butler had an epiphany at the Church of the Holy Sepulcher in Jerusalem, Israel, but it wasn't enough to get him to quit smoking, imdb.com reports.

Butler turned to prayer after hypnosis and patches failed to work, and for a moment, he thought a higher power had helped end his nicotine addiction.

"I really felt an epiphany was happening. I even thought I saw a light around me," he says. "Four hours later, I bought a packet of Marlboro Reds. Who am I kidding?"

METRO NEWS SERVICES



celebrity brief

Osbourne, beau move in together

RELATIONSHIPS Reality TV star Kelly Osbourne is getting serious with her boyfriend, Luke Worrall, PageSix.com reports.

The couple now "live together in Los Angeles and in London," a friend of both says. "They are so totally in love."



METRO NEWS SERVICES

celebrity brief

Fanning's eager to start dating

PEOPLE Dakota Fanning is looking forward to dating boys, femalefirst.co.uk reports.

The 14-year-old actress admits she is excited about growing up, but adds she also doesn't want to rush into anything.

METRO NEWS SERVICES



celebrity brief

McCarthy doesn't need marriage

RELATIONSHIPS Jenny McCarthy is not into making her love for Jim Carrey official, People.com reports.

"My whole thing on marriage is personal," McCarthy says. "I've done it. I've been there. My particular view on it is I don't

need that piece of paper of commitment to prove my love."

METRO NEWS SERVICES



Hayek cosies up to ex again

RELATIONSHIPS The crowd couldn't stop staring at Salma Hayek and her ex, billionaire Francois-Henri Pinault, at Sunday's soccer game in the French city of Rennes,

People.com reports. But the two high-profile spectators only had eyes for each other.

"They were very together," said one



fan who sat near the couple as local team Rennes FC took on rival Sochaux. "They talked a lot during the match and exchanged tender looks ... They seemed very much in sync with each other."

Hayek and Pinault, a luxury-goods mogul, have a two-year-old daughter, Valentina

METRO NEWS SERVICES

Paloma. They called off their engagement in July, just 10 months after her birth.

But in recent weeks, it has seemed the private pair may be moving toward a reconciliation.

Just last month, Pinault and the 30 Rock guest star were spotted looking cosy in Los Angeles and back in his native France. They spent a long weekend in Paris and even attended a fashion show together.

celebrity brief

Phoenix denies relapsing

PEOPLE Actor Joaquin Phoenix has dismissed reports he has suffered an alcohol relapse after his allegedly bizarre behaviour at a recent event sparked concerns over his health.

But a spokesperson for Phoenix has dismissed the reports, saying, "He's fine."

METRO NEWS SERVICES



Miller, Getty on rocks?

RELATIONSHIPS Actress Sienia Miller has reportedly shelved her romance with oil heir and actor Balthazar Getty after arguments over their differing lifestyles, imdb.com reports.

Miller is said to have recently flown back to Britain from the U.S. after initiating a "cooling off" period with Getty. She is claimed to have clashed with Getty, who recent-

ly announced his separation from wife Rosetta, over his reluctance to file for divorce.

However, according to Britain's Mail on Sunday, Getty is also fed up with Miller's partying lifestyle, so the couple has decided to spend some time apart in a bid to save their relationship, the newspaper claims.

A spokesperson for Miller has refused to comment on the reports.



METRO NEWS SERVICES

Moore doesn't want to talk to strangers: Report

FAME Julianne Moore hates it when strangers talk to her, femalefirst.co.uk reports.

The actress doesn't like fans assuming they know her and wishes they would respect her privacy.

"I simply don't like talking about my acting or the scene or any of that. I need my space," Moore says. "I'm there doing my thing, and to someone who doesn't know me it will look like they can talk to

me. But they can't."

Moore also admits her career decisions are often influenced by the lure of money.

"There is stuff you do because you love to do it, there is stuff that is not very good and then there's stuff that you end up doing because you need the money, because like anyone else, you have to have a job," she explained to Empire magazine.

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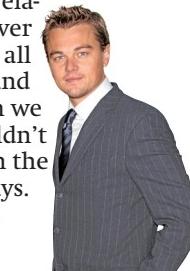
celebrity brief

DiCaprio starts slow with ladies

PEOPLE Leonardo DiCaprio was a "slow starter" with women, femalefirst.co.uk reports.

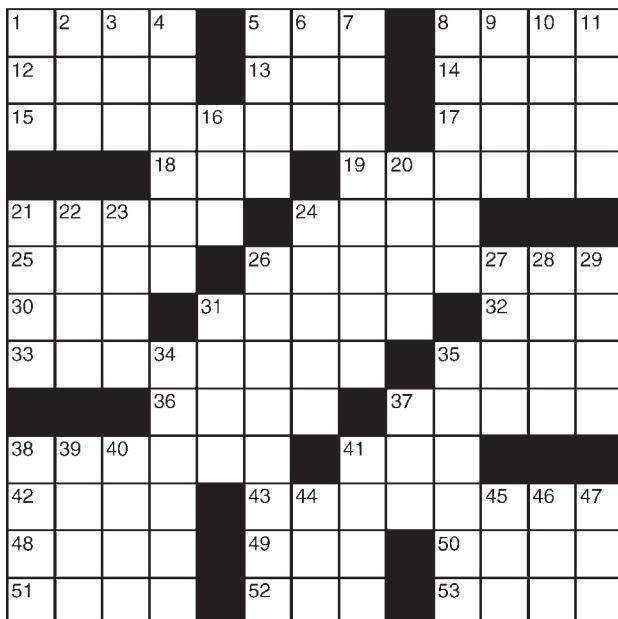
"I've always been a slow starter," the actor says. "My first date was with a girl called Cessi. We had a beautiful relationship over the phone all summer, and then when we met, I couldn't look her in the eye," he says.

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Take Five



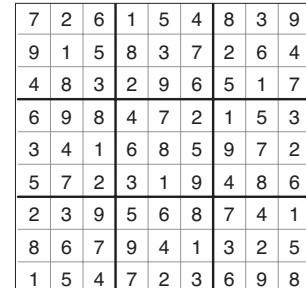
Crossword across

- 1 Moist 32 "Great Expectations" lad
5 Occupation 33 Plotter
8 Crones 35 Missile shelter
12 Reed instrument 36 Ceremony
13 Blackbird 37 Diamond side
14 Geometry calculation 38 Shrimp recipe
15 Dry red wine 41 Lout
17 Eastern royal 42 Forum garb
18 Reason to say "alas" 43 "... of — and kings"
19 Drank 48 Supplemented, with
21 Pray in a synagogue 49 Boxing legend
24 Arsonist 50 Streamlet
25 Phrase of understanding 51 Small plateau
26 Nightclubs 52 Allow
30 Round Table address 53 Black
31 Bear

Crossword down

- 1 "What's up, —?" 24 Obey a comma
2 Lawyers' org. 26 Indispensable
3 Horde 27 Grand tale
4 Runt 28 "Scrabble" piece
5 Tarzan's mate 29 Dalmatian marking
6 Inseparable 31 Radar-screen sound
7 Gradually 34 Fleet
8 Port 35 Jungle trek
9 Bedouin 37 "Terrif!"
10 Chromosome 38 Goblet feature
component 39 Pepsi rival
11 Aforementioned 40 A long time
16 Director Howard 41 Final notice
20 Persia, now 44 Brewery product
21 Platter 45 Card-table call
22 Largest continent 46 Wapiti
23 Action word 47 Crafty

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

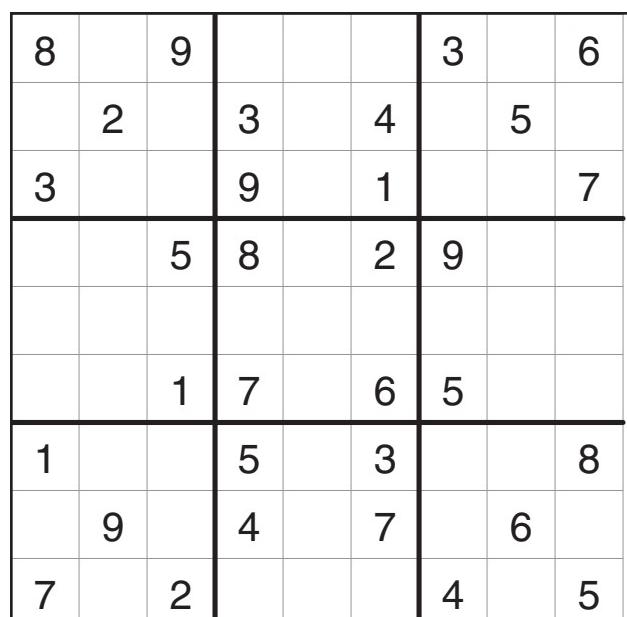
SUDOKU SOLVE TIME:

- Under 13 min Genius
13-17 min Scholar

- 17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES

MARCH 21-APRIL 20

**TAURUS**
APRIL 21-MAY 21

Don't project your own flaws onto others. Refusing to commit won't free you. Don't play games with anyone who doesn't know you.

LIBRA

SEPT 23-OCT 23



A weird man has something to say about a happy situation. Your simple pleasures will cause revelations. Rein in your hopeless expectations.

SCORPIO
OCT 24-NOV 22

You have a chance to leave a bad place. Something that was lost is found. Your special talents will be recognized.

GEMINI
MAY 22-JUNE 21

A close call will distress you. You must ask for help, if you need it. You'll scream when a secret is finally told.

SAGITTARIUS
NOV 23-DEC 21

Conflict is ended by your surrender. If you toe the line, you'll lay yourself open to fury. You can find a lost friend using the Internet.

CANCER
JUNE 22-JULY 22

You're nostalgic about your old loves. Someone won't want to hear the truth. Confusion about signals will open your eyes.

CAPRICORN
DEC 22-JAN 20

A lover forgives a flirtation. A suspicious employer is checking facts. Don't doubt that a forlorn woman will change a bad situation.

LEO

JULY 23-AUG 23



A bully can be crushed by kind words. Look for emotional support from friends. Refuse to complain about negligence.

AQUARIUS
JAN 21-FEB 18

A messy state of affairs is resolved well. Despair will crop up if you're slacking off. Beware those who give affection unconditionally.

VIRGO

AUG 24-SEPT 22



Enjoy someone's fine sense of hilarity. You'll see where recklessness leads. The growth of a friendship will create turmoil.

PISCES

FEB 19-MARCH 20



A savings account should be investigated. Get perspective or you'll be duped by a ridiculous situation. A little man has power issues.

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SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

WORDY GURDY®

BY TRICKY RICKY KANE

1. Cultured bloke's campsite homes (1)
2. Overly self-assured galoot (1)
3. Largest Greek island armada (1)
4. Car-trailer connector snag (1)
5. Close inspection of a shipboard rebellion (3)
6. More pancake-like LP record (2)
7. Approaching "Rah!" and "Olé" sounds (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

This day in history

NOV. 4, 1918: The German Revolution begins when 40,000 sailors take over the port in Kiel.

NOV. 4, 1922: In Egypt, British archaeologist Howard Carter and his men find the entrance to King Tutankhamun's tomb in the Valley of the Kings.

NOV. 4, 1973: The Netherlands experiences the first Car Free Sunday caused by the 1973 oil crisis. Highways are deserted and are solely used by cyclists and roller skaters.

NOV. 4, 2002: Chinese authorities arrest cyber-dissident He Debu for signing pro-democracy letter to the 16th Communist Party Congress.

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